

Rural Educational Achievement Project

Brief Program Description

The Rural Educational Achievement Project (REAP) is a comprehensive, multi-level approach to prevention involving a universal prevention program (All Stars, Jr.), selective program delivered in the summer (Camp GUTS: Gearing Up To Success), and a family program (Duke Family Coping Power). The program targets 4th grade students enrolled in elementary schools.

The All Stars, Jr. program is based on the character education and problem behavior prevention curriculum designed for middle school students. The focus is to draw from an individual's lifestyle, aspirations, social background, and other existing ideals that are likely to be incongruent with high-risk behaviors and build or strengthen that perception in the student. The summer Camp GUTS (Gearing Up To Success) program is a selected six-week, protocol-driven, school-based program designed to strengthen academic and social competencies, and self-esteem. The Duke Family Coping Power program was delivered to parents of high-risk students. The content, derived from Social Cognitive Theory, provided parents with skills to deal with various aspects of child aggression. The program also included sessions on stress management.

Program efficacy was designed around CSAP's four predictor variables: 1) academic achievement, 2) self-regulation, 3) social competence, and 4) parental investment. Findings for academic achievement indicated that this group showed greater gains in scores on a test of mathematics compared to the other two groups. Subjects in the Family and Summer programs showed significantly higher levels of school bonding than the All Stars, Jr. only and control conditions. Findings for self-regulation indicated that the Summer and All Stars, Jr. program had significant effects in decreasing externalizing behaviors. However, the results for social competence indicated that the Family condition had lower baseline levels of social competence compared to the other conditions. The results for the parenting program suggested that the Family condition had significant increases in the number of activities between parents and children.

Contact Information

For indepth information on this program, please use the contact listed below.

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